

Trinity Broadcasting Network

WTBY-TV

Quarterly Report

October, November, December 2015

Results of ascertainties from civic leaders, responses by telephone from WTBY viewers, from the printed media, comprising newspapers, magazines, publications and from television and radio whenever possible.

Civic Affairs

Crime

Economy

Families

Health

Housing

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

<i>Civic Affairs</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy in Our Town #1548	28:50	13:00	L	PA/O	11/30/15 12/01/15 12/02/15 12/3/15 12/4/15 12/5/15	11:30AM 4:00am 11:30am 4:00am 1:00pm 4:00am

Jacqui Phillips interviewed Donovan Richards, Jr., Council Member District 31, Chair, Subcommittee on Zoning and Franchises in Far Rockaway, NY. In this segment Mr. Richards talks about NYC District 31. Mr. Richards explained the districts he covers Laurelton, Rosedale, Springfield Gardens, the eastern portion of the Rockaways and a sliver of JFK airport. For the Rosedale and Springfield Gardena areas, one of the biggest issues is the foreclosure crisis. We know that with asthma, when you have planes flying overhead every second over your homes, it affects those with heart conditions and asthma for our seniors. So the airport is a headache but it's something we're working with the Governor's office now as well. The airport effects everything. We're surrounded by a wetland which is really supposed to protect the local community as well, so we live literally in nature. Our homes are literally surrounding nature and the wetlands is the thing that protects us from the airport. Jobs are the most important issues for our district. Unemployment now is staggering in parts of my district like the Rockaways so we're literally about to open up our first training center in the Rockaways with the Department of Small Business Services next month.

	Joy in Our Town #1549	28:50	13:00	L	PA/O	12/7/15	1:00pm
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Jacqui Phillips interviewed Mayor John Tkazyik, City of Poughkeepsie. Mayor John talks about Civic Affairs in the City of Poughkeepsie. The city of Poughkeepsie has many great things taking place and the city also faces a great deal of challenges all at the same time. This summer we had a real bout with gun violence plaguing this city, with shootings taking place over a small period of time. What we've done is reach out to our federal and state representatives and we were able to secure a 'cop's grant' for the city of Poughkeepsie which is going to give us 5 additional police officers walking the beat on top of 4 positions we are trying to fill. That's going to bring our office in January up to 101 officers on the beat and on the street. It's going to create more of a directed control, more of a community policing unit where officers are going to be out on the beat on bikes, in neighborhoods. We have a lot of vacant and abandoned properties by people who just walk away from their home because they can't afford it. The city's been looking at new ways. Perhaps if we do take title back we can flip that to developers and those interested who want to put properties back on the tax-rolls. And now Vassar Brother's Medical center just announced a \$500M expansion project that's going to take place right here in the city of Poughkeepsie. That's going to be a real catalyst for economic development and growth right in our back yard. The capital improvement plan is a 5 year blue-print of what the city should expect and a lot of that deals with infrastructure. We've put together a 5 year plan in relation to how does the city want to grow over the next 5 years. The common council established a 'bus service committee'. We hope to be able to create new corridors to public transportation needs on a city transit level. There's a lot of things taking off as I just talked about and you're going to see more things transpire in the years ahead because a lot of these things are going to actually come to fruition, projects are going to be completed and a whole new infusion of energy and economy is going to revitalize Poughkeepsie even more.

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<i>Crime</i>						
Joy In Our Town # 1540	28:50	13:00	L	PA/O	10/5/15	11:30am
					10/6/15	4:00am
					10/8/15	4:00am
					10/8/15	1:00pm
					10/9/15	1:00pm
					10/10/15	4:00am
					10/15/15	4:30am
					10/22/15	5:00am

Host Jeanette Eng interviews Antonio Meloni, Executive Director, New York Anti-Crime Agency. Mr. Meloni focuses on crime targeting women. Mr. Meloni says; I can tell you it is one of the safer cities in the United States and the world because when you look at number per capita then you can really see how the crimes are not as high as the perception of the media will make it sound. The crime in the 70's and 80's was much worse and it's gotten better and better. But there comes a time of diminishing returns where you can't go much lower than a certain point. A lot of time, the people know each other. Again, everyone has this mistaken notion that it's a stranger and it's not. A lot of adults know their perpetrator. There are things that people can do to stop it and usually we tell people just awareness is one of those things. Especially today with our phones. We all see people crossing the street on Madison Avenue on their cell phone and almost getting killed by a car. Especially a woman has to be aware when walking down the street wearing what I call *drain brain plugs*. Mr. Meloni says; I would say that everywhere, if you live in Queens or Brooklyn and you travel into Manhattan to go to work and then you come back to hang out at a bar and then you go back and maybe you jog around Central Park, there are really crimes of opportunity such as assault in the street can happen just as easily in Brooklyn as it can happen in Manhattan. Because NYC is or can be so transient a lot of people don't know their neighbors. You can get to know your neighbors by going to street fairs, meetings. There's a lot of things people can do to make themselves more comfortable in their community. Something as simple as getting to know your neighbors collectively decreases the level of crime.

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Host Jeanette Eng interviews Antonio Meloni, Executive Director of New York Anti-Crime agency. In this segment Mr. Meloni discusses crime prevention and the broken window theory. He talks about crime and how possible it is to prevent crime. Mr. Meloni says; let's start with a story so I can show you how crimes are being committed and then I can show you how to stop them. Let's say that Joe-robber just got out of jail and Joe goes out in the morning like everyone else but Joe is looking for crimes of opportunity. So he goes out in the morning and thinks what the lowest possible risk to himself is. There are steps to take such as putting marking #'s on your bicycle, or the VIN number on your car if it is scratched out, or if you're jogging the perp knows you probably don't have a wallet on you. Make sure you're in shape because that's the first thing. And then pay attention to things because if you're in good shape but you're always in the ozone the bad guys can tell. It's always about risk for them. They know about risk better than anyone else. If you are not aware of your surroundings they will know it and target you. How can the community get to the point where we're taking all those measures? People are lazy. We need to take charge of our own lives such as if there is a favorite TV show on and there is a meeting at the local police precinct on crime, people may opt to stay home and not go to the meeting and watch their favorite TV show. The police are not there to protect you. There is no mandate that they have to protect you; that's called a body guard. If you pay me to protect you, I'll protect you but that's private. Police protection is to protect everyone. So they come after the fact because they are not next to you when something happens.

	Joy In Our Town #1542	28:50	13:00	L	PA/O	10/19/15	11:30am
						10/22/15	4:00am
						10/22/15	1:00pm
						10/23/15	1:00pm
						10/24/15	4:00am
						10/29/15	4:30am

Host Jacqui Phillips interviews Pastor Richard Perez, retired Yonkers Police officer. In this segment Pastor Perez talks about crime and crime prevention. Mr. Perez says; NYC is definitely a safe place to live. It is considered one of the largest cities in the country as well as one of the safest cities in the Country. The state in general is a safe state. We're seeing a lot of different types of crimes such as toll jumping to burglaries and more serious crimes that range into the felonies. Looking at it from a spiritual perspective we have to look at it and say it stems from sin. There are other factors involved; there's poverty, there's education, there's gangs, single parents etc. Those are just a few things that are occurring in the city. History has shown that crime has always been around. A lot of different things; awareness. When you are aware of your surroundings that is very, very important. A confident person will at times defer someone ready to commit a crime on them. Household theft is simple; alarms, I've heard people say the greatest alarm system is a dog. Checking your windows and doors before you go to bed. Making sure you have solid locks on your doors.

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	Joy In Our Town # 1542	28:50	13:00	L	PA/O	10/19/15	11:30am
						10/22/15	4:00am
						10/22/15	1:00pm
						10/23/15	1:00pm
						10/24/15	4:00am
						10/29/15	4:30am

Host Jacqui Phillips interviews Pastor Richard Perez, church security expert. In this segment Pastor Perez talks about church security. Mr. Perez says; this is something that has hit our country in an incredible way. It's hit home. We hear of people throughout the world that are persecuted for what they believe but now it's coming to our Country. I like to call it church safety and security because there are a lot of different facets in that. Crimes in the church vary. We've seen things from robberies, burglaries, domestic violence which is big. Homicides in the church. People walking into a church and putting a gun to a Pastor and killing a pastor while he's preaching. We have sexual crimes and abuse. Mr. Perez says; background checks are very important when it comes to ministries. Many insurance companies (the majority of them) are requiring background searches in churches and that is because they want to make sure the liability for these insurance companies is low. I would say both the church and religious institutions are the target. Remember we have many different types of people that are out there that are committing these crimes. Many people that are involved in these crimes, there are mental issues. These people want to be noticed and want everyone to *know*. They go to churches and schools which are considered soft targets. In the last ten years we've seen crime escalate and shoot up. Right now in 2015 in the last ten years we've had over one thousand crimes that have been committed in churches. Serious crimes. Misdemeanors or felonies including homicides, sexual abuse etc. In the churches, preplanning is very, very important.

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<i>Economy</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town #1543	28:50	13:00	L	PA/O	10/26/15	11:30am
						10/27/15	4:00am
						10/29/15	4:00am
						10/29/15	1:00pm
						10/30/15	1:00pm
						10/31/15	4:00am
						11/05/15	4:30am
						11/12/15	5:00am

Host Vijoya Chappalear interviews Metashar B. Dillon, CEO of Kingdom International Economic Development. In this segment Metashar talks about the economy and personal finance skills. Ms. Dillon says; In order to manage your own personal finances you have to realize its long term and not just about short term finances. The minimal skills you need is to know how to count and know what you are bringing in and what is coming out. Realizing that you can't live above your means and counting on what you are bringing in and if you are in a place called debt, is pay yourself first even though you have to pay all these debts. Start taking a journal of paying yourself first by setting up a separate bank account and make one that you can't access easily. Make sure that the minimum you are paying yourself is 10% and then allocate the funds to go everywhere else they need to go. Credit score is very important because it determines what you are able to accomplish and how you will be able to do that. It's important to know your credit score and to make sure that your credit report is on its way to bettering itself. Seek professional assistance and find an expert.

	Joy In Our Town # 1543	28:50	13:00	L	PA/O	10/26/15	11:30am
						10/27/15	4:00am
						10/29/15	4:00am
						10/29/15	1:00pm
						10/30/15	1:00pm
						10/31/15	4:00am
						11/05/15	4:30am
						11/12/15	5:00am

Host Vijoya Chappalear interviews Metashar B. Dillon, CEO of Kingdom International Economic Development. In this segment Metashar talks about entrepreneurship. Ms. Dillon says; the first step in becoming an entrepreneur is having a passion and finding a need and filling it. You should do a market analyst first, by doing your research and see if there is a copyright and a patent and begin there and see if there is a need for the product. Find someone in your circle and experts in that field of interest to coach and mentor you. Decide if you want to be a nonprofit or an LLC. You should never quit anything, but you should transition. When you are ready to execute your own business, set up and make sure that you have enough to launch it and that's why you don't want to transition too soon. It's a new time for entrepreneurs but you need to make sure you have a plan and you have to work your plan. In today's society we are taught that we need to always work for someone but we aren't being taught to be entrepreneurs. There are different organizations that will help with the entrepreneurship so that you can succeed and work for yourself and build a business plan. The power of vision and the reflection of your future, where do you see yourself in 20 years and do you see yourself always working for someone else without making proper preparation and I believe everyone has a spark of entrepreneurship and then realize it's a horizontal move not a vertical move and use it to ignite you and push you into a new direction. You should always feel uncomfortable doing what you are doing so that you can then move into something else. Your destiny is always found in prayer first and find people you can connect with so that they can steer you in the right direction. Once you link up with the right people then things will start to fall into place.

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	Joy In Our Town # 1549	28:50	13:00	L	PA/O	12/07/15	1:00pm

Host Jacqui Phillips interviews Mayor John Tkazyik of the City of Poughkeepsie, New York. Mayor Tkazyik talks about the economy in Poughkeepsie. The Mayor says; Poughkeepsie was absolutely hit by the recession. Not only in the city but throughout Dutchess County. The city began to see the people walk away from their home because they could no longer afford to pay their property taxes. The city also shrunk the size of its government all through attrition. We've done that on all different levels whether it be the police, fire department, building department. We've reduced the debt in the city by \$50M. We're chipping away at trying to build a fund balance and the city is now in the process of bringing in, along with the Governor's office a financial review board and they come in and assist the city on trying to make decisions. As I tell people, you've got to make people feel safe. You see properties on Main Street that are boarded up but some are fixed up. We offer a façade improvement grant for people who want to come in. They can get up to \$10,000 to improve their façade, commercial property, on Main Street and throughout. The city also offers an economic development loan fund which is a revolving loan for new businesses that want to start up. People could get up to \$50,000 for a start-up business whether for equipment purposes or rehabbing the property. We'd like to convert Market Street back open to two-way traffic. Not only will that help pedestrian flow and vehicular traffic but will also provide for more on-street parking spaces on Market Street and not where you have to deal with all these one-way streets. The Mayor talks about the unemployment rate. I think the Dutchess economy is getting better. We're seeing new businesses coming into Dutchess County and into the City of Poughkeepsie. Bit by bit and piece by piece we're beginning to see more job opportunities. Gradually we're seeing the small incline of more jobs coming here. Also, there's going to be a lot more construction opportunities with the various projects taking place.

	Joy In Our Town #05-14	28:50	13:00	L	PA/O	12/21/15	11:30am
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Host Lisa Buldo interviews Mr. Chad L. Reyes, President and CEO and Mr. Cliff Keeling, Sr. Vice President of Wealth & Legacy Group Mr. Reyes and Mr. Keeling talk about preparing for the changing economy. Cliff says that many people think that the economy is just the stock market. He says that people may be making money in the stock market, but most people are not directly affected by the stock market. Cliff says that in New York City, a lot of people are out of work, therefore the economy is based on job growth and getting people working again. Chad says that because people do not have as much money coming into their households, they are more conscious of how they are spending their money. He says they are choosing to save money instead of spending it on things that are not vital. Cliff says that it's simple to save money. He says do not spend more than you make. He also says that people should develop a financial cushion in case of problems, such as losing a job. He says that should equal to about six months of expenses. Chad says people need to put money away for other than just retirement. He mentions a life insurance with a savings vehicle. Chad says that bringing in business coaches are a great investment into your business. He says it's a great way to get an unbiased opinion. He also says that sometimes small businesses are paying too much in taxes and should look into various retirement plans to spread out their wealth. They talk about the four phases of prosperity economics. Chad says this allows people to have a clear view of where they are. He starts talking about the four phases they have developed. Product Purchases is the first one. He says many people have purchased things such as life insurance, but they don't have the confidence that comes with owning it because they don't know what they have. He says phase two is protection first. He says they teach people the benefits of the product from phase one so that they can reap the benefits and have a foundation to build on. Phase three is integration, coordination and collaboration. He says this is when they are working with their banker or attorney and they want to make sure everything is working together well. Cliff speaks on the fourth phase, called L.O.V.E. Planning, which stands for leaving others valuable experience. He says this helps people be more intentional with their wealth and how to transfer it.

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	Joy In Our Town # 05-14	28:50	13:00	L	PA/O	12/21/15	11:30am

Host Lisa Buldo interviews Mr. Chad L. Reyes, President and CEO and Mr. Cliff Keeling, Sr. Vice President of Wealth & Legacy Group Mr. Reyes and Mr. Keeling talk about Financial Literacy and Saving. Chad speaks of the effects of teaching children how to manage their wealth. Chad says that one day God just told him what to do. He said they just started writing, put the vision down on paper, and that was how it began. Chad says increased awareness transforms lives. He says this platforms will cause people to recognize what they don't know, and they can then transform their lives. Cliff says knowledge is power, as far as planning. He says spending less than you make is a simple principle but it is important to financial freedom. Cliff says that learning to be a steward of one's money is so important. He says learning to control money is primary to knowing how to invest. He says an EGO barrier stands for Edging Greatness Out. They are things that can prevent you from reaching your greatest potential. He says it causes you to not gain greater knowledge. Chad talks about having different mindsets. Some have the mindset of "there is not enough," while others believe "there is an abundance. I just need to find it." He says there is a difference between accumulation and utilization. Some just gain to store, but others learn how to use what they have. Cliff says in planning for college, it is important for parents to help their young adults learn what they want to do because not everyone is meant to go to college. When planning to start a family, Cliff goes back to the basics of spending less than you make, and Chad discusses the importance of a will, along with life insurance and putting money away. Chad discusses the importance of reading and gaining more knowledge to apply. Cliff says if you are constantly challenging yourself, you are going to grow. Chad says that beliefs govern behaviors.

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Families	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town # 1544	28:50	13:00	L	PA/O	11/2/15	11:30am
						11/3/15	4:00am
						11/5/15	4:00am
						11/5/15	1:00pm
						11/6/15	1:00pm
						11/7/15	4:00am
						11/12/15	4:30am
						11/19/15	5:00am

Host Jacqui Phillips interviews Mr. Victor Rivera, CEO, Bronx Parent Housing Network. Mr. Rivera talks about families, single fathers in NYC. Victor starts talking about the statistics of single fatherhood. Mr. Rivera says; the numbers have climbed due to so many factors. He says that we went from 300,000 single fathers to 1.6 million in the last 50 years. African American women; single mothers were the highest HIV in the country. Substance abuse was common when the mother would be on drugs and the father would take a role as head of household. He talks about the difference of being a mother and a father; you can't be both, each play a different role. The profile of a single father household is diversified because there's the father who has to find a babysitter, day care etc. and there's the father who has family support. Victor mentions men who have come home from prison and see that the structure has changed and how there are many organizations that work closely with them to help them take part of their new role. There are also grandfathers who have taken the role of a single father due to the absence of both parents. Many fathers are living in shelters. Parent Housing Networks and its work with single fathers and families, they wrap around men who are coming home from prison and kids who are dropping out of high school and support them.

	Joy In Our Town # 1545	28:50	13:00	L	PA/O	11/9/15	11:30am
						11/10/15	4:00am
						11/12/15	4:00am
						11/12/15	1:00pm
						11/13/15	1:00pm
						11/14/15	4:00am
						11/19/15	4:30am

Host Jacqui Phillips interviews Dr. Derek G. Pierson, Certified Christian Counselor & Life Coach, Senior Pastor, Holy Lighthouse, Inc. In this segment Dr. Pierson talks about families building healthy marriages. Dr. Pierson says; some of the challenges that marriages are confronting with today's society are complex, they include time spent with each other, how to raise their children, finance; these challenges are repetitive. The role of a family have changed; men and women are wired differently. God has a way for all families to work—men should always provide, love and protect and women should be the help. Roles should not defined by what people do but by the capacity of love. Husbands and wives must be a team, they have to work together. Husband should help his wife feel protected and build her self-esteem, she must feel secure in his love, and he has to be her friend. The wife must make her husband feel comfortable and take care of herself. When needs are met you are avoiding resentment both must minister to each other.

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Host Jacqui Phillips interviews Dr. Derek G. Pierson, Certified Christian Counselor & Life Coach, Senior Pastor, Holy Lighthouse, Inc. In this Segment Dr. Pierson talks about How Divorce Affects Families. Dr. Pierson says solid marriage builds strong communities, strong churches, and good children. Challenges in a marriage have always been there but now they are more complex and modern but the solution is the same; we need to learn how to properly communicate, respect each other and one another's individuality. People seem to argue about the same thing they were attracted to—we all have an individual temperament and with it comes our strengths and weaknesses. The sanguine individual, they love to have fun and activities but can be forgetful. Then there's the colorical division; they love the challenge, the power but they tend to be a little bossy. Also, there's the melancholy analytical person; the thinker but they can be moody or perfectionist because they already thought it through. Opposites attract; when they start to minister to each other based on who they really are some of the things that they argue and conflict over will become less. Couples struggle with communication, —the major part of communication it listening not talking, if you can listen well you will know how to respond. The challenge is that we all communicate differently. A man communicates facts but a women wants to communicate her emotion, when a man is aggravated and can't find things out he will withdraw but a women reaches out.

	Joy In Our Town # 1550	28:50	13:00	L	PA/O	12/24/15	1:00pm
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Host Jacqui Phillips interviews Mr. Walter Joseph, Executive Director, Children's Home of Poughkeepsie. In this segment Joseph talks about foster care & adoption. Foster care is really about child protection. Mr. Joseph says almost every child that comes into foster protection come in because somebody called the child protection service. If they feel the child is at imminent risk they will remove that child from the family. In New York State there are about 18,000 children in foster care and that number is down from about 60,000 ten years ago. A lot of that was driven by the City of New York who had a large number of children in their care. The public policy is to try to keep children in their own homes and in their community whenever possible. Nationally, ten years ago there was about 800,000 kids in foster care now there is about 650,000. A lot of foster parents would like to have a 2 or 3 year old child. Most of the kids in the children's home in our care, the average age is about 15 and their harder to place because teenagers are tough. A child who comes into foster care with a caring family and stays there in that stable life is probably going to benefit. The kids can react to detachment disorder from being away from their natural parents. The older kids are the toughest to find foster homes for. After 15 or 16 it gets more difficult. Kids in New York State can stay in foster care until they are 21. They age out at age 21 which is very difficult for them because they will transition from the foster care system which is very protective to an adult system that is not that protective. Kids that are getting ready to hit 21 years old are terrified as their birthday approaches. The numbers are very low. The average child in foster care changes schools about 6 times nationally. At The Children's Home our length of stay 5 years ago was about 33 months now it's about 9 months. Federal rules require that if a child is in foster care for 15 of the preceding 22 months that you have to free them for adoption.

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Families						
Joy In Our Town # 1550	28:50	13:00	L	PA/O	12/24/15	1:00pm

Host Jacqui Phillips interviews Mr. Walter Joseph, Executive Director, Children’s Home of Poughkeepsie. In this segment Joseph talks about tips for families. Mr. Joseph says; someone that wants to be a foster parent has to be ready for a long haul. There are children that say they don’t want to be adopted and at age 14 a child can opt out of being adopted. Walter says a foster parent is a person, I think a hero who has come forward to say I want to take care of a child. Anyone interested in fostering shouldn’t think that there’s a barrier. Age is not a barrier it’s really about the person. They have to have their heart open to a child. They have to be willing to do that. These are challenging children. If you adopt a 2 or 3 year old you’ll probably not going to have the same kind of problems as with a 10, a 12 or 15 year old. A child that is 15 and in the system probably has school issues. We see a lot of truancy with students that are placed with us. Almost all kids that come into foster care is because they were either abused or neglected. Every child that’s in a foster home has at least 2 case workers. They’ll have a case worker at the facility and probably at the county who is also overseeing the case. Both of those people are going to be available to the family. A social worker of a psychologist who will provide individual therapy for the child, family therapy, to help the families with the issue that have to be dealt with. Physical abuse actually rewires the brain. We know now that children who are abused have their brains physically changed. We see children who are in a state of alert. Trauma victims are often hyper-alert. We’ve had kids resting in bed who had a heart rate of 120 or 140 because they’re in a state of anxiety. Patience, a very thick skin, a long fuse so that it takes a long time before you get angry with that child. One of the things that is so classic for kids that are in care is that they’ve have a kind of distrust towards of the adult figures in their life and we tell our staff and our residential programs, these children will figure out where your button is and they will push it because they want to see that you won’t reject them. They’re going to test the people who are with them to see where your breaking point is. A foster parent can expect to really be tested especially in that first year. I think you have to make sure that whatever agency you’re going to deal with your able to get someone 24 hours a day. This is really important because crises don’t happen only during business hours. I’m always amazed to see that kids that go into families and a year later they look different. We are trying to find out what the needs are in the community and serve those underserved populations.

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	Joy In Our Town # 1541	28:50	13:00	L	PA/O	10/12/15	11:30am
						10/13/15	4:00am
						10/15/15	4:00am
						10/15/15	1:00pm
						10/16/15	1:00pm
						10/17/15	4:00am
						10/22/15	4:30am
						10/29/15	5:00am

Host Jacqui Phillips interviews Mr. Joseph L. Colella, M/D. F.A.C.S. In this Segment Mr. Colella talks about diet & nutrition for weight loss. Mr. Colella says; almost 70% of our population suffers from obesity. The biggest problem in today's society is sugar. Sugar is our problem and it's being packaged in a fake form as high fructose corn syrup. The alarm should go off if we are 5lbs overweight. The most lethal way is to drink sugar and we really should stop drinking sugar. The only way you can safely consume sugar is in fruits and vegetables that are not blended or juiced. That sugar in fruits and vegetables are high fiber and are great for our overall weight. 5 grams a sugar per meal and no more than 20 grams per day. Research shows that when you combine the right amount of proteins in our diet you will naturally adapt to feeling full. If you consume fruits daily, you can control the craving. We need to consume the amount of proteins we want to weigh. If you want to weigh 120lbs then you have to have 120 grams of protein. Alcohol is a big problem in society because when we drink it we are convincing our liver to metabolize it first since it's invading it. Alcohol minimizes your ability to lose weight. The appetite scale is a take on how blood sugar goes up and down and how your body responds. If you want to eat something that isn't going to make you hungry, eat lean meats, beans, but anything with a high sugar content, then you will feel hungry.

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Host Jacqui Phillips interviews Mr. Joseph L. Colella, M/D. F.A.C.S. In this Segment Mr. Colella talks about exercise and weight loss. Mr. Colella says; exercise is important to maintaining a healthy lifestyle. But it does not completely fix mistakes that you make with your fork in the gym or by working out. People run and bike and you are burning calories but you aren't doing anything to release the hormones that actually matter, the resistant exercises. You can gain weight by exercising, and pack on pounds. Most people that do gain weight, is because they develop an appetite for more calories and some of those calories contain sugars. Are bodies are already programed to work properly but we taint it with unhealthy eating. We need to supply our bodies with exactly what it needs. There is less likelihood for being depressed and you will look overall good and then you will have the motivation to actually exercise. It is not a short term tool to lose weight, exercise is a long term commitment. Growth hormones and testosterone are achieved through resistant exercises and those are the ones that are better than others. Cardio depends on the amount of time you dedicate it with, but then the people that do it, then replace it with carbohydrates that contain sugars. The best exercise is resistant exercises. The most important thing you can do to get your stamina back is do calorie burning which is by engineering your body by unleashing all your healthy genes. The most important thing to do is squat exercise and things that you can actively do, the resistant exercises and the control of high intake of sugars. Eliminate sugars completely unless it's from eating the fruit and not drinking the juice. Start looking at labels and be careful with dairy intake.

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	Joy In Our Town # 1546	28:50	13:00	L	PA/O	11/16/15	11:30am
						11/17/15	4:00am
						11/19/15	4:00am
						11/19/15	1:00pm
						11/20/15	1:00pm
						11/21/15	4:00am
						12/3/15	5:00am

Host Jacqui Phillips interviews Dr. LaJoyce Brookshire, N.D. Naturopathic Doctor. LaJoyce talks about health, naturopathy & perfect health. Dr. Brookshire says; naturopathy is using everything from nature to keep you well. Herbs, berries, spices; things from the garden. Traditional medicines are chemical compounds that sometimes infuse herbs in them. Naturopathy uses no chemicals or additives. The first things you can do is start deep breathing when you wake up. That helps to cleanse the lymphatic system. 2nd thing is to drink a glass of room-temperature water and lemon as soon as you wake up to alchemize the body. Go to sleep before 10PM. If you go to bed by 10PM you reach a REM sleep by midnight. Naturopathy helps you maintain perfect health because perfect health is when our body is completely in balance and that there are no health problems. Holding onto waste that our bodies are trying to get rid of makes our kidney's work overtime. The kidney is trying to clean the body every 15 minutes but we want to hold onto the waste and we wonder why we have certain cancers; the body is trying desperately to illuminate. It's not about 8 hours of sleep but when you are going to sleep. Napping is really good if you're sick because the body heals when you're sleeping. But taking a nap in the middle of the day just for the sake of it interrupts the sleep flow so you can't really get to sleep sometimes by 10PM. The 4 things that are most important to being healthy are; sleep, eating well, drinking water and exercise.

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						11/21/15	4:00am
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Host Jacqui Phillips interviews Dr. LaJoyce Brookshire, N.D. Naturopathic Doctor. LaJoyce talks about STD's and Youth. Dr. Brookshire says; 1 in 4 college students have or had an NTD. It is alarming. SDT's and STI's (sexually transmitted infections), that behavior is a precursor to HIV. The #1 STD is Chlamydia on college campuses and HPV. I am an advocate for abstinence. Church should absolutely be a place where we're having this conversation because there's a morality issue attached to it. Black men are still in denial about being homosexual or being bisexual because of the history in the church and homophobia black men are less likely to talk about the sexual preferences. Because of the phobias it's hidden a lot in the black community. To prevent this we need more talking. We have to just ask questions. We have to do more preventative things even for our health. If I test positive for a gene that says I have cancer what I have now is an opportunity to stop drinking coffee every day. Students need to know *has your partner been tested for HIV or STD's*. Have you been tested? Students can also practice abstinence. 7,000 woman wanted to know where to get tested.

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	Joy In Our Town # 1551	28:50	13:00	L	PA/O	12/28/15	9:30pm

Host Jacqui Phillips interviews Chandra Balusu, M.S., C.D.N., and Certified Dietician & Nutritionist. Ms. Balusu talks about gluten free. Ms. Balusu says; gluten does not link with obesity. Actually people who go on gluten free diet they do lose weight because they think they are eating gluten free products and they are not able to absorb properly and there is a nutrition deficiency and the appetite is low because of the bloating, nausea and vomiting and things like that so they naturally lose weight. People who do not have gluten sensitivity but suffer from Celiac we strongly recommend not to go on a gluten free diet. That's because of the deficiencies they may have in the future. When you go out make sure you order plain meats even for lunch or dinner. You can have potatoes, plain meat roasted or baked or grilled but not breaded or deep fried. I think it's very, very important to read the labels on ingredients on everything before you put it in the mouth. Not all the liquors have gluten in it except beer. Some misconceptions about a gluten free diet are that there is no need to avoid liquors except beer. You have to check vitamins. You have to check the pharmacist before you take the vitamins and some prescription and non-prescription medicines as well. Some great tips to maintain a gluten free diet is to always wash your hands, using separate utensils, cutting boards or a toaster over especially if you are using regular toast and you want to avoid the crust from crumbs contamination. If you watch what you are eating by reading the labels you can avoid the symptoms especially in children who are 6 months old. Since there are no medications available yet you have to follow the gluten free diet and researchers are working on some kind of medications and hopefully we'll see in the future so they can enjoy some gluten in their diets.

Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	10/06/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside of our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the environment that we've lived in, the nurturing that we've received, where we've been told and labeled this is who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then

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Health

you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific, science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remolding chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. You're capable of changing the "I can't" into the "I can."

Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	10/13/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. You are a triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can

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predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that; that will start freeing you. That realization that this is not who you are, that you can rewire it; that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Hebrews 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Genesis 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. A lie cannot be measured. Light is what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

Switch On Your Brain #008	27:30	27:30	REC	PA/O/E	10/20/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit. You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions; in other words, your mind. You live in a body which is dominated by the brain. When you keep unforgiveness, anger, frustration, irritation, as a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these

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things, when we do that, this is baggage. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. Your thoughts are real. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

Switch On Your Brain #009

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Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default; this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your

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Health

normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

Switch On Your Brain #010

27:30

27:30

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PA/O/E

11/03/2015

1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging,

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repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom; it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

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	Switch On Your Brain #011	27:30	27:30	REC	PA/O/E	11/10/2015	1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit. 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and rewire it, which is the renewing of the mind. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually, the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is

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experienced like a depression, anxiety, worry, fear, discomfort, tension; you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. And you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

Switch On Your Brain #012	27:30	27:30	REC	PA/O/E	11/17/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are

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<p>meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, and not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind; that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.</p>							
	Switch On Your Brain #013	27:30	27:30	REC	PA/O/E	11/24/2015	1:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain; literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever

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they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some non-event. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	12/01/2015	1:00 PM
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Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout

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your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity to Christ Jesus.

Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	12/08/2015	1:00 PM
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Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We know right from wrong. You are wired for loved. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/15/2015	1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. The scriptures say it in Deuteronomy 30:19 "I lay before you life and death, blessings and cursing. Choose life so that you and your descendants may live." Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

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<i>Health</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Switch On Your Brain #004	28:30	28:30	REC	PA/O/E	12/22/2015	1:00 PM

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His grace, and the signal that

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changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

700 Club CBN NewsWatch	1:00:00	5:00	REC	PA/O/E	10/23/2015	3:00 PM
#10232015						

CBN News Medical Reporter Lorie Johnson Reports: Cancer is a word no one wants to hear. Yet statistics show half of all men and a third of all women will receive the bad news. Churches should be a sanctuary for support. However, in many cases, people suffer in silence as they cope with their illness. Now the Cancer Treatment Centers of America is offering a free program to break down the wall of silence. After years of counseling cancer patients, Rev. Percy McCray knows they bear a burden unlike people fighting other illnesses. Thanks to his training, McCray knows the importance of encouragement. One conversation helped him realize others need to learn these skills, too. It wouldn't be the last time he heard that. McCray said typically, churches deal with issues like addiction and marital problems very effectively. But it can fall short when it comes to meeting the needs of parishioners who are struggling with healthcare issues, particularly cancer. To bridge this gap, McCray and his associates at the Cancer Treatment Centers of America elected to offer complimentary cancer ministry training to representatives of churches across the country so they can better meet the needs of their brothers and sisters with cancer. It's called Our Journey of Hope. Cancer Treatment Centers of America offers free training for two people from a church who use what they learn to raise up cancer ministries in their home congregations. Participants learn the basics of the disease and treatments in order to focus on what it's like for the patient. An added incentive for a church is that the training is free of charge. That includes the two-day seminar, food, lodging, and materials. LaWanda Long attended the seminar years ago and now passes on what she learned to volunteers at Atlanta's Enon Baptist Church. Long teaches the volunteers one night a week for eight weeks. At that time they are ready to take on a cancer patient who has come forward requesting assistance. She said the extensive training ensured the patients will be cared for responsibly. She said so far the cancer ministry at Enon is a success. Lisa McDermott attends Enon. She remembers suffering through nearly five months of chemotherapy for breast cancer. She asked the cancer ministry to help her with daily needs. McDermott dealt with one main point person who recruited others to pitch in. The cancer ministry made such an impression that McDermott wanted to get the training. As Nefertiti Dixon's mother fought ovarian and colon cancer, the ministry stepped in. Although her mother lost her fight, the cancer ministry made those final days easier. They also helped Dixon with things like meals, which lifted a burden. As a working mom with two children, she became overwhelmed with the pressure of caring for her sick mother. So while cancer will likely continue to strike far too many, churches now can choose to help those within their midst who are dealing with the disease.

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Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club CBN NewsWatch #12102015	1:00:00	5:00	REC	PA/O/E	12/10/2015	3:00 PM

CBN News Medical Reporter Lorie Johnson Reports: Not many substances are as widely studied as tea. Now, the verdict is in. The bottom line: if you're not drinking tea on a regular basis, it might be a habit worth starting. That's because when it comes to your health, tea packs a powerful punch. Combined studies examining literally hundreds of thousands of tea drinkers led a vast array of scientists to conclude that a consistent dose of tea is good for the body. Most of the research was conducted in Asian countries, on people drinking hot, green tea. The amount mattered. Usually people only experienced health benefits if they drank at least three cups a day. Dr. Patrick Fratellone is a cardiologist who practices integrative medicine New York City. He advises his patients to make tea a part of their daily life. Green tea comes from the camellia sinensis plant, as do black and white teas. Green tea contains the most EGCG. But with so many types of green tea on the market it can be difficult to choose which is best. Fratellone shares some guidelines. Research shows green tea lowers the risk of type 2 diabetes and liver disease. It also has been shown to improve memory, reduce the risk of Alzheimer's disease, Parkinson's disease, and depression, as well as significantly lowering your chance of having a stroke. In addition to the teas you'd find at the grocery store, there are also lots of other teas that are very effective at treating specific medical conditions in lieu of popping a pill. Fratellone is also a registered herbologist, with a vast knowledge about teas made from various plants, trees, and shrubs. He often prescribes those teas to his patients instead of allergy medicines, antacids, cough suppressants, and more. He points out that many conventional medicines you find at the average pharmacy are actually derived from plants. Dorota Meller needed to overcome chronic fatigue. Fratellone discovered she was anemic. But her problem went even deeper, originating in her intestinal tract. Within a month she felt better. Fratellone says his priority is getting to the root cause of his patients' illnesses, not just treating the symptoms. He said cleavers, mullein, blue violet and lady's mantle are good teas for breast health and premenstrual syndrome. Herbal teas can interact with conventional medicine, so before drinking them, people should check with their doctor or registered herbologist. The growth of these natural treatments has led to a relatively new healthcare provider known as a naturopathic physician. They attend an accredited four-year program focusing on botanical medicine, food as medicine, and other natural remedies. While naturopathic doctors practice in each state, they are only licensed on 19 states, with more on the way. So for overall better health, include three cups of green tea to your daily diet. Research overwhelmingly concludes it's worth the effort. For more specific health concerns, consult a registered herbologist or naturopathic doctor about a natural tea that could take the place of conventional pharmaceuticals.

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Housing	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town # 1544	28:50	13:00	L	PA/O	11/2/15	11:30am
						11/3/15	4:00am
						11/5/15	4:00am
						11/5/15	1:00pm
						11/6/15	1:00pm
						11/7/15	4:00am
						11/12/15	4:30am
						11/19/15	5:00am

Host Jacqui Phillips interviews Mr. Victor Rivera, CEO, Bronx Parent Housing Network. Mr. Rivera talks about Housing, Affordable Housing, and Supportive Housing. Mr. Rivera says; one of the major issues for single fathers in NY is finding housing; they have few options. The process is like a lottery—not guaranteed, NYC housing authority’s wait list is tremendous it can be up to 4-5 year wait. Affordable housing is based on income, the less they make the more they will qualify for affordable housing. When they qualify they are placed into different programs where they will be for 6 months. However, there are families who have been in shelters for 3-5years. Providers must be held accountable to prepare families for permanent housing. People usually come with a learning disability meaning that they are not ready for the work force or go to low level jobs that are not going to be able to sustain them; recidivism is high because they just stay on the same path. Supportive housing came as a result of homelessness and mental health issues during the 80s and 90s, it helps people be more independent. Victor emphasizes that there are no bad shelters but rather bad operators that are not being held accountable for the founding that they are given by the city. Victor’s facility is a good example of a good operated shelter who also supports local merchants, treats people with dignity and respect. Long term solution is more education, involvement from local officials and money.

	Joy In Our Town # 1547	28:50	13:00	L	PA/O	11/23/15	11:30am
						11/28/15	4:00am
						12/2/15	1:00pm
						12/3/15	4:30am

Host Jacqui Phillips interviews Pasquale Strippoli, Licensed Associate Real Estate Broker. Mr. Strippoli discusses the topic of housing, specifically renting and buying in New York City. Pasquale Strippoli explains what the housing market in NYC is like. For example, an owner looking to sell property and an owner looking to rent out property are on the best side of the negotiating table because the market is strong. If you’re looking to purchase or rent you certainly don’t have the upper hand because prices are at an all-time high. In NYC, approximately 66% of the housing stock that exists in Manhattan are rentals, while 22-23% of the housing stock are condos and 12-13% are Coop’s. There is a shortage of housing for sale. The process for renting an apartment hasn’t changed in NYC, but can be quite arduous depending on where you’re renting. Mr. Strippoli says that the typical lease term is 1-2 years, however it can vary. Typically in co-ops, an owner can rent for 2 out of 5 years but must live there for the first 2 years in most cases. There are strong restrictions on renting in a co-op because they are designed for ownership. Mr. Strippoli explains that the first thing one should do when renting for the first time is get a letter of employment. Next, obtain a landlord reference letter. What’s most important is money. The landlord is looking for your income to be at least 40 times the rent or more depending on the landlord. The process of renting can take hours, a day or two, or 30 days or more depending on the type of apartment. A condominium is preferred over a co-op because of its ease of ownership. Since the recession from 2008-2009, banks have become more conservative and require 20% as opposed to 10% prior to the recession. Mr. Strippoli says when beginning the process of renting in NYC, first identify the area you want to live in, including looking at schools if you have children.

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Housing	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town # 1547	28:50	13:00	L	PA/O	11/23/15 11/28/15 12/2/15 12/3/15	11:30am 4:00am 1:00pm 4:30am

Host Jacqui Phillips interviews Mr. Pasquale Strippoli, Licensed Associate Real Estate Broker and two-time REBNY award winner. Mr. Strippoli talks about how to avoid a rental Real Estate Scam in New York City. Mr. Strippoli considers real estate scams to be real estate predators because they prey on someone's weakness or vulnerability. It's predicated on one lie. One real estate scam is predicated upon the price of an apartment. For example, if you were looking for an apartment in Williamsburg, Brooklyn with a budget of \$1500, you should know that's impossible because the median asking price for an apartment in Manhattan is \$3400, and in Brooklyn is \$2600. When you look at those numbers, it easier to understand that unless you're in the 'boondocks' of Manhattan, you won't even find a studio apartment in NYC for \$900. Using the internet is 100% the reason behind housing scams because the predator can hide behind the computer. The catch is in the price. They don't use PayPal because with PayPal you have registration by both users so you can easily identify the scammers. The usually ask for cash or a wire transfer. You can avoid real estate scams by talking to people. There is an old adage that says "If something sounds too good to be true, it is." In today's day in age most people are using the internet. He says it is very important for the people to know to make sure the property is real by putting the address of the property in www.nyc.gov and finding out who the landlord is. Give them a call, and explain the ad listing so they can verify that the apartment is or isn't for rent and the actual price of it. The standard way to close a rental deal in almost all cases is the first month's rent and security deposit by issuing a bank's certified check or cashier's check.

	Joy In Our Town # 1548	28:50	13:00	L	PA/O	11/30/15 12/01/15 12/02/15 12/3/15 12/4/15 12/5/15	11:30AM 4:00am 11:30am 4:00am 1:00pm 4:00am
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Jacqui Phillips interviewed Donovan Richards, Jr., Council Member District 31, Chair, Subcommittee on Zoning and Franchises in Far Rockaway, NY. In this segment Mr. Richards talks about Housing Issues in District 31 and NYC. He says; I would also say housing is a huge issue city-wide right now. 60,000 families are staying in homeless shelters and one of the main problems we have now is that we lost the true meaning of affordability when it comes to housing people in particular across the city. And the environment is the 3rd issue. He also talked about solar panels and how they work and that more private homes are starting to implement the use of them to be energy efficient and save money. In the Rockaways in particular we are focusing on fixing out transportation infrastructure and for the District period, infrastructure investment is huge. The housing District 31; I think like all parts of the city we are in a crisis where there's just not enough affordable housing for the working poor, our homeless. The city is becoming more and more unaffordable for everyday New Yorkers. We have to build more for working families and our seniors otherwise we face more of a homelessness crisis that we are already facing now.

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